Superintendent's 2011-2012 Teacher Fitness Challenge

Fitness Matters, Wellness Works!

Staff Wellness

- Exercise-Brain Function Connection
- Exercise Programs for Different Fitness Levels
- Healthy Nutrition Suggestions (Child Nutrition Department)
- Websites for Fitness Information/Tracking Progress
- Quarterly Fitness Newsletter
- School/District Challenges
- USOE Lunch and Learn, Employee Action Committee Activities

End of Challenge Opportunities

- Educators 5K Fun Run and 1 Mile Run/Walk (UAHPERD Partnership) (May 2012)
- Sponsorship of Seven Ragnar Relay Teams (Imagine Learning Partnership) (June 2012)
 - o Elementary
 - Secondary
 - o One Team For Women Only
- K-12 Park City Summer Fitness Camp (July 2012) Park City Marriott
 - o Fitness/Nutrition Information
 - o 5 Minute Energizers for the Classroom
 - o Pedometers for Personal Use
 - Staff Wellness Manual
 - State Recreational Site Manual
 - Fitness/Recreation Activities (Low Impact)
 - Aerobics
 - Ballroom/Social Dance
 - Biking
 - Five Minute Classroom Energizers
 - Golf
 - Job Site Fitness Activities
 - Jogging
 - Nordic Walking
 - Tai Chi
 - Walking/Hiking
 - Water Aerobics
 - Weight Training/Stretching/Conditioning
 - Yoga/ Zumba
 - Others